




Location: Elbow
Application: Tennis Elbow Support / Pain Relief
Indication: Pain - Tennis Elbow
Shape: One Y-strip
Body Position: Sitting

Elbow

Acti-Tape Step by Step Instructions: Tennis Elbow Support / Pain Relief

1.	<ul style="list-style-type: none"> Place the arm on a flat surface. Identify the pain point. 	
2.	<ul style="list-style-type: none"> Apply a Y-strip so that the pain point is at the fork of the strip, not on the pain point itself. 	
3.	<ul style="list-style-type: none"> Apply the legs of the strip with a slight stretch towards the front of the arm as shown. 	
4.	<ul style="list-style-type: none"> Bring the ends together and smooth down the strip firmly to complete. 	